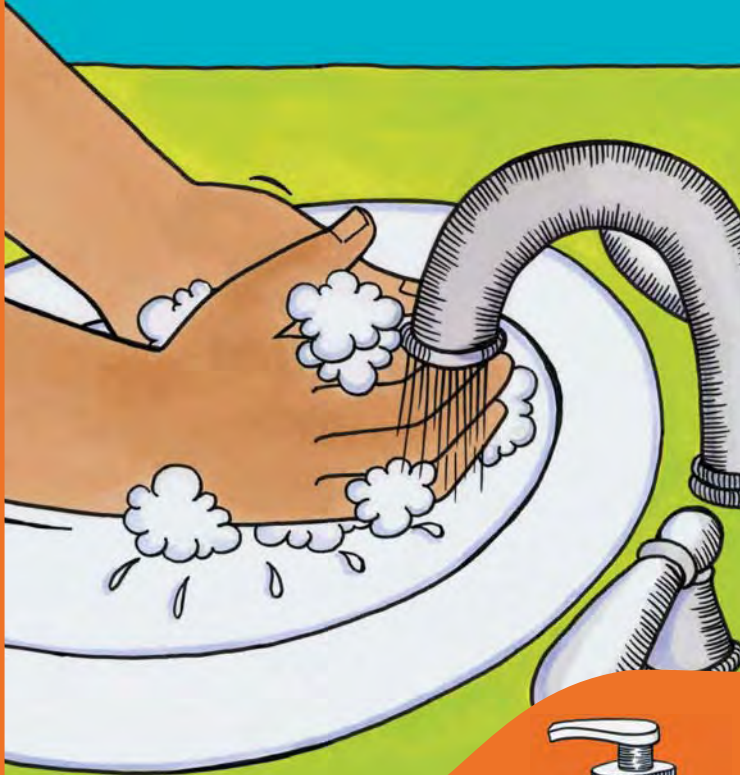


# ¡Detenga los gérmenes, manténgase saludable!

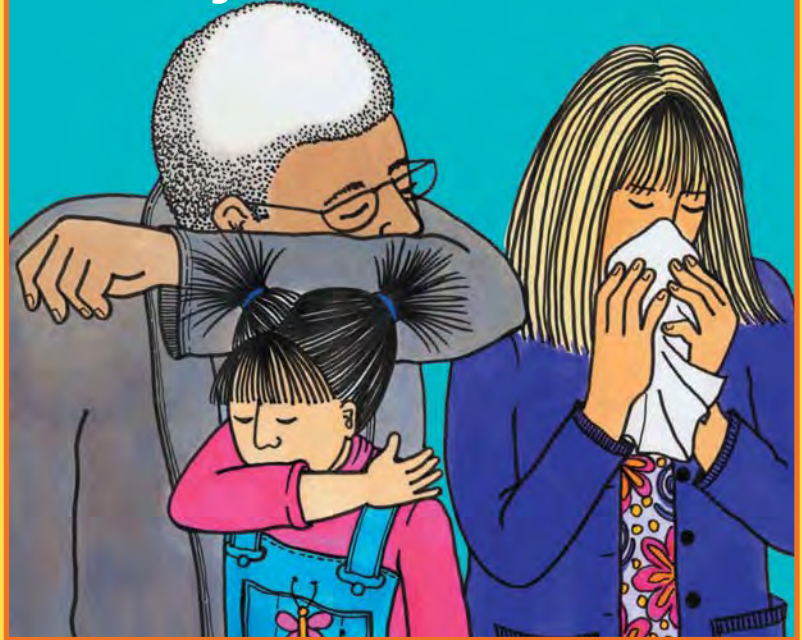
Lávese las manos  
frecuentemente  
por 20 segundos



Use gel a base  
de alcohol, si no  
se puede lavar  
las manos



Cubra su boca al toser  
y estornudar



Quédese en casa cuando  
esté enfermo



## Stop Germs, Stay Healthy!

- Wash hands often for 20 seconds
- Can't wash? Use alcohol-based hand sanitizer
- Cover coughs and sneezes
- When sick, stay home



**Public Health**  
Prevent. Promote. Protect.

**Region IV Public Health**  
Clark, Cowlitz, Skamania, Wahkiakum counties  
and Cowlitz Tribe

Poster designed by Public Health Seattle-King County